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FAVORITE AMERICAN RECIPES

**A Collection of
Classics
from Around
★ the Country ★**

Food and Nutrition Service
United States
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PREFACE

Over the years the Food and Nutrition Service has collected many recipes contributed by participants and cooperators in its Family Feeding Programs. Since these recipes offer very special and creative suggestions for using low-cost ingredient items in a variety of ways, we would like to share them with you. The recipes have not been formally tested by the U.S. Department of Agriculture; however, they do bear the test of time. For years they have graced the tables of the many great cooks who contributed to this collection. Some of the recipes have been edited slightly to clarify terms and to make them easier to read and follow.

This collection contains over 100 recipes, divided into six menu classes: soups, main dishes, vegetables, salads and salad dressings, breads, and desserts. These recipes will help you plan, prepare, and serve nutritious meals to your family and friends. Why not cook a varied and tasty meal for your family soon?

Special acknowledgment is extended to State Cooperative Extension Services, State Agencies, and to each individual who contributed to this collection.



HELPFUL COOKING INFORMATION



COOKING TERMS

<i>Bake</i>	— To cook, uncovered, in the oven or oven-type appliance by dry heat.
<i>Barbecue</i>	— To roast slowly, usually basting with a highly seasoned sauce; also the food cooked in or served with barbecue sauce.
<i>Blanch</i>	— To scald quickly in boiling water. Process used to aid in removal of skins from nuts, fruits, and some vegetables.
<i>Blend</i>	— To mix two or more ingredients until smooth.
<i>Boil</i>	— To cook in water or a liquid consisting mostly of water in which bubbles rise continually and break on the surface. The boiling temperature of water at sea level is 212°F.
<i>Bouillon cube</i>	— A small cube of dry concentrated stock for making clear broth.
<i>Braise</i>	— To cook meat or poultry in a covered utensil in a small amount of liquid or in steam. (Meat may or may not be browned in a small amount of fat before braising.)
<i>Cream</i>	— To rub or beat one or more foods until soft and fluffy, using a spoon, wooden paddle, or other implement.
<i>Fry</i>	— To cook in fat. Applied especially to (1) cooking in a small amount of fat, also called saute or pan fry, and (2) cooking in a deep layer of fat, also called deep-fat frying.
<i>Knead</i>	— To work dough with the hands until light and springy.
<i>Parboil</i>	— To boil until partially cooked. Usually cooking is completed by another method.
<i>Puree</i>	— A thick, moist, smooth-textured form of cooked vegetables or fruits, usually made by whipping in an electric blender or pressing through a sieve.
<i>Roux</i>	— A cooked fat-flour mixture used for thickening sauces, soups, and gravies.
<i>Simmer</i>	— To cook in a liquid just below the boiling point, at temperatures of 185°F. to 212°F.
<i>Stew</i>	— To simmer in a small quantity of liquid.
<i>Tallow</i>	— The nearly colorless or tasteless solid fat extracted from the natural fat of cattle or sheep.

ABBREVIATIONS FOR MEASURING TERMS

tsp — teaspoon
tbsp — tablespoon
c — cup
pt — pint

qt — quart
gal — gallon
oz — ounce
lb — pound

EQUIVALENT MEASURES

3 teaspoons	= 1 tablespoon	2 tablespoons	= 1 fluid ounce
4 tablespoons	= $\frac{1}{4}$ cup	1 cup	= 8 fluid ounces
16 tablespoons	= 1 cup	16 ounces	= 1 pound
2 cups	= 1 pint		
2 pints	= 1 quart		
4 quarts	= 1 gallon		

TEMPERATURE TABLE

180°F	Simmering (at sea level)
212°F	Boiling (at sea level)
250°F-275°F	Very slow oven
300°F-325°F	Slow oven
350°F-375°F	Moderate oven
400°F-425°F	Hot oven
450°F-475°F	Very hot oven
500°F-525°F	Extremely hot oven

EQUIVALENT AMOUNTS

1 cup uncooked rice	= 3 cups cooked rice
1 cup dry beans	= $2\frac{1}{2}$ cups cooked
1 pound butter or margarine	= 2 cups
1 stick butter ($\frac{1}{4}$ pound)	= $\frac{1}{2}$ cup
1 pound granulated sugar	= 2 cups
1 pound brown sugar	= $2\frac{1}{4}$ cups
1 pound powdered sugar	= $3\frac{1}{2}$ cups
1 pound all-purpose flour	= $4\frac{1}{2}$ cups, sifted
1 pound cheese	= $4\frac{1}{2}$ cups, grated
1 square chocolate	= 1 ounce
1 pound cocoa	= 4 cups
1 pound macaroni	= 4 cups = 10 cups cooked
1 medium onion	= $\frac{1}{2}$ cup chopped
1 cup uncooked cornmeal	= 4 cups cooked mush
1 pound shortening	= 2 cups
1 pound raisins, seedless	= $3\frac{1}{4}$ cups
1 pound walnuts in shell yields	$\frac{1}{2}$ pound nuts

INGREDIENT SUBSTITUTIONS

Ingredient Amount	Substitution
1 tablespoon flour (used as thickener)	$\frac{1}{2}$ tablespoon cornstarch, potato starch, rice starch, or arrowroot starch, or 1 tablespoon quick-cooking tapioca
1 cup sifted all-purpose flour	1 cup unsifted all-purpose flour minus 2 tablespoons
1 cup sifted cake flour	$\frac{7}{8}$ cup sifted all-purpose flour, or 1 cup minus 2 tablespoons sifted all-purpose flour
1 cup corn syrup	1 cup sugar plus $\frac{1}{4}$ cup liquid*
1 cup honey	$1\frac{1}{4}$ cups sugar plus $\frac{1}{4}$ cup liquid*
1 ounce chocolate	3 tablespoons cocoa plus 1 tablespoon fat
1 cup butter	1 cup margarine, or $\frac{7}{8}$ to 1 cup hydrogenated fat plus $\frac{1}{2}$ teaspoon salt, or $\frac{7}{8}$ cup lard plus $\frac{1}{2}$ teaspoon salt
1 cup whole milk	1 cup reconstituted nonfat dry milk plus $2\frac{1}{2}$ teaspoons butter or margarine, or $\frac{1}{2}$ cup evaporated milk plus $\frac{1}{2}$ cup water, or $\frac{1}{4}$ cup sifted dry whole milk powder plus $\frac{7}{8}$ cup water
1 cup milk	3 tablespoons sifted regular nonfat dry milk plus 1 cup minus 1 tablespoon water, or $\frac{1}{3}$ cup instant nonfat dry milk plus 1 cup minus 1 tablespoon water
1 cup buttermilk or sour milk	1 tablespoon vinegar or lemon juice plus enough sweet milk to make 1 cup (let stand 5 minutes), or $1\frac{3}{4}$ teaspoons cream of tartar plus 1 cup sweet milk
1 teaspoon baking powder	$\frac{1}{4}$ teaspoon baking soda plus $\frac{5}{8}$ teaspoon cream of tartar, or $\frac{1}{4}$ teaspoon baking soda plus $\frac{1}{2}$ cup fully soured milk or buttermilk, or $\frac{1}{4}$ teaspoon baking soda plus $\frac{1}{2}$ tablespoon vinegar or lemon juice used with sweet milk to make $\frac{1}{2}$ cup, or $\frac{1}{4}$ teaspoon baking soda plus $\frac{1}{4}$ to $\frac{1}{2}$ cup molasses
1 tablespoon active dry yeast	1 package active dry yeast, or 1 compressed yeast cake

Ingredient Amount**Substitution**

1 whole egg

2 egg yolks, or 3 tablespoons plus 1 teaspoon thawed frozen egg, or 2 tablespoons and 2 teaspoons dry whole egg powder plus an equal amount of water

1 egg yolk

3½ teaspoons thawed frozen egg yolk or 2 tablespoons dry egg yolk plus 2 teaspoons water

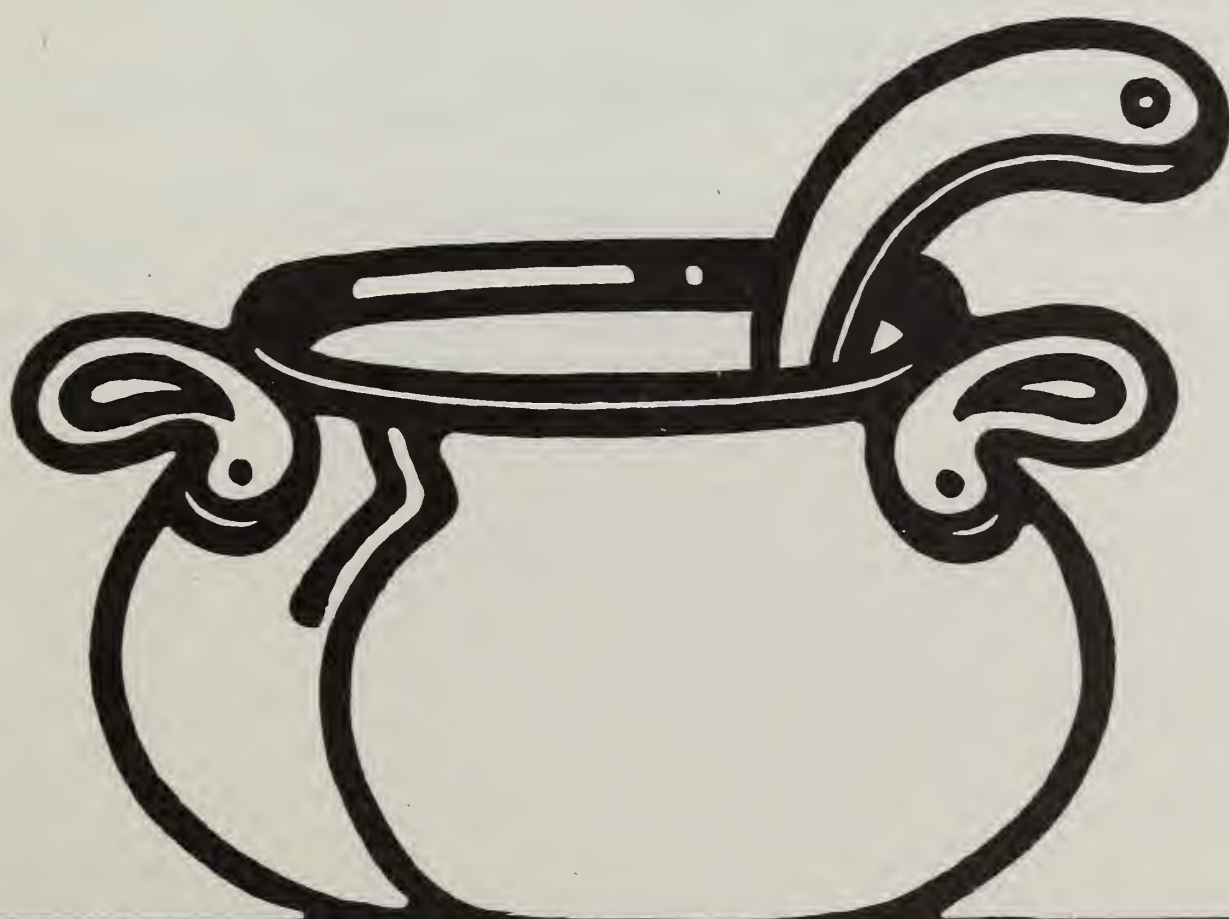
1 egg white

2 tablespoons thawed frozen egg white, or 2 teaspoons dry egg white plus 2 tablespoons water

*Use whatever liquid is called for in the recipe



SOUPS



BROWN BEAN SOUP

1½ cups pinto beans
3 quarts (12 cups) water
1 small ham bone or ½ cup cut-up, canned luncheon meat
1 large sweetpotato, chopped
Chopped onion, as you like
Salt, as you like
½ cup *dry* egg mix, packed
¾ cup water
About ½ cup flour

Put beans and 3 quarts water in a pan. Bring to boiling; boil 2 minutes. Cover and let stand 1 hour. Add ham bone (if used). Cover and cook beans until soft, about 2 hours.

Add luncheon meat (if used) and sweetpotato, onion, and salt. Cook about 30 minutes longer until done, as you like.

Mix egg mix and ¾ cup water in a bowl. Add enough flour to make a soft dough.

Drop dough from teaspoon onto bean mixture. Cover and cook 15 minutes longer.

BRUNSWICK STEW

1 medium-size onion, chopped
1 tablespoon fat or oil
2 cups cooked or canned tomatoes
2 cups cooked or canned lima beans
2 cups cooked or canned corn
2 cups cut-up canned chicken or turkey
Salt and pepper, as you like

Cook onion in fat or oil in large pan until tender.

Drain vegetables. Add water to vegetable liquid to make 2 cups; add to onion. Add rest of ingredients. Heat just to boiling.

CORN CHOWDER

3 slices bacon, chopped
3 tablespoons chopped onion
1 $\frac{1}{4}$ cups cut-up potatoes
1 cup water
2 cups (16-ounce can) cream-style corn
3 cups fluid milk
1 $\frac{1}{2}$ teaspoon salt

Cook bacon in a saucepan until crisp; remove bacon from pan and save for later use.

Lightly brown onion in bacon fat. Add potatoes and water. Boil gently for 10 minutes.

Add corn and cook 10 minutes longer. Stir in milk, salt, and bacon. Heat just until hot.

Makes 6 servings, 1 cup each.

CZECHOSLOVAKIAN SOUP (TOMATO JUICE SOUP)

5 $\frac{3}{4}$ cups (46-ounce can) tomato juice
1 large carrot
1 large onion
1 stalk celery
1 $\frac{1}{2}$ cup uncooked rice
3 tablespoons flour
1 tablespoon fat (margarine or butter)
Salt and pepper as you like

Put juice in pan. Add whole vegetables and rice. Bring to boiling. Cover and boil gently until vegetables are tender.

Lightly brown flour in fat in pan. Add to soup to thicken, if you like. Add salt and pepper.

Makes 6 servings.

FISH CHOWDER

1 pound cleaned fish, fresh or frozen
2 tablespoons chopped salt pork
1/2 large onion, chopped
2 cups water
2 medium-size potatoes, cut-up
1 teaspoon salt
Pepper, as you like
2 cups fluid milk
1/2 cup cooked carrots, if you like

Thaw frozen fish. Bone and cut fish in small pieces.

Cook salt pork until browned. Add onion and cook until tender.

Add water, potatoes, salt, pepper, and fish. Cook over low heat about 15 minutes until potatoes are tender.

Add milk and carrots (if used). Heat, just until hot.

Makes 6 servings.

POTATO AND SPINACH SOUP

1/4 cup chopped onion
2 tablespoons fat (margarine or butter)
2 cups water
1 teaspoon salt
2 cups finely cut-up potatoes
2 cups chopped, fresh or frozen spinach
1 2/3 cups (13 fluid-ounce can) evaporated milk
1 teaspoon Worcestershire sauce
Finely cut-up or shredded cheese

Cook onion in fat until tender.

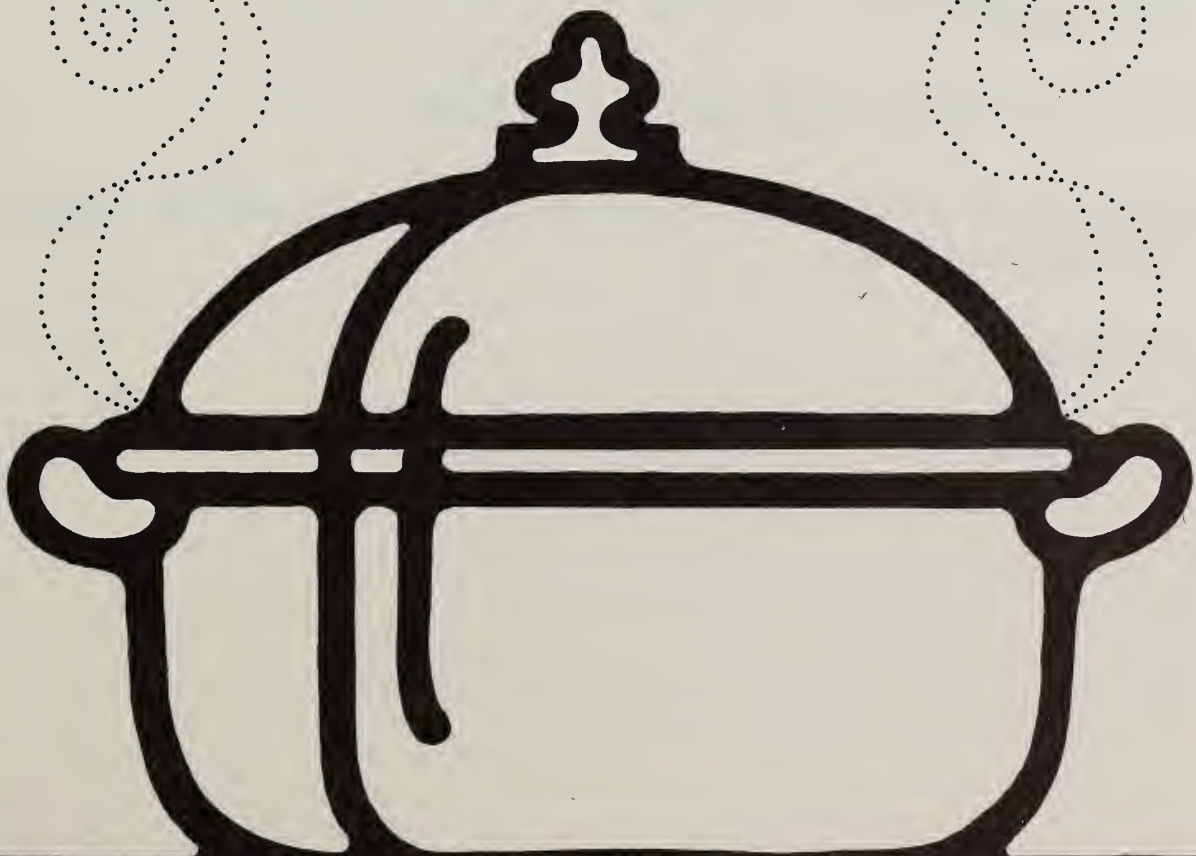
Add water, salt, potatoes, and spinach. Cook about 20 minutes until potatoes are tender.

Add milk and Worcestershire sauce. Heat well, but do not boil.

Sprinkle cheese on top before serving.



MAIN DISHES



ARIZONA WAGON WHEEL

1/2 cup chopped onion
2 tablespoons fat (margarine or butter)
2/3 cup chili sauce
2 cups cooked or canned kidney beans, undrained
2 cups cut-up, canned luncheon meat
1 teaspoon chili powder
Black and cayenne pepper, as you like
2 cups finely cut-up or shredded cheese

Cook onion in fat until tender.

Add chili sauce, beans, meat, and seasonings. Cook over low heat for 10 minutes.

Add cheese. Cook and stir gently over low heat until cheese is melted.

Makes 6 servings.

BATTER-DIPPED HOT DOGS

1/2 cup cornmeal
1/2 cup sifted flour
1 teaspoon salt
1/2 teaspoon pepper
1/2 cup fluid milk
1 egg, beaten
2 tablespoons melted fat or oil
12 hot dogs
Fat or oil for deep frying

Mix cornmeal, flour, salt, and pepper in a bowl. Add milk, egg, and fat or oil. Stir until smooth.

Dip hot dogs into batter and drain over the bowl.

Fry in heated fat or oil for 2 to 3 minutes until golden brown, turning once. Remove from fat and drain.

Makes 6 servings.

BUCKAROO BEANS

1 pound (about 2½ cups) pink, red, or pinto beans
6 cups water
½ pound smoked ham, salt pork, or slab bacon
1½ teaspoons salt
1 large onion, thickly sliced or chopped
2 large cloves garlic, thinly sliced
1 small bay leaf
½ cup chopped green or sweet red pepper
2 tablespoons brown sugar
½ teaspoon *dry* mustard
¼ teaspoon oregano or ground cumin
2 cups canned or peeled fresh tomatoes

Put beans and water in a large pan. Bring to boiling; boil 2 minutes. Cover and let stand 1 hour.

Cut smoked ham into ½-inch cubes, or wash and slice salt pork or slab bacon through twice each way not quite to rind. Add to beans and soaking water.

Add salt, onion, garlic, and bay leaf. Bring to boiling; cover and boil gently about 1½ to 2 hours until beans are tender.

Add rest of ingredients. Cover and cook slowly about 2 hours, until liquid resembles a medium-thick gravy. Stir once or twice during cooking. Long, slow cooking helps make a rich, full flavor.

CABBAGE ROLLS

1 medium-size head cabbage, with loose leaves
Boiling water to cover cabbage
1 pound ground beef
 $\frac{1}{2}$ cup uncooked rice
1 small onion, chopped
1 egg
 $\frac{1}{2}$ cup cut-up or grated cheese
1 tablespoon salt
 $3\frac{1}{2}$ cups cooked or canned tomatoes
Cinnamon, if you like

Cut hard center core from cabbage. Cook cabbage in boiling water for about 5 minutes. Cool and separate leaves.

Mix ground beef, rice, onion, egg, cheese, and salt.

Put one tablespoon of meat mixture on a cabbage leaf. Fold sides of cabbage leaves over toward center and roll up.

Place cabbage meat rolls in baking pan. Add tomatoes. Sprinkle with cinnamon (if used).

Bake at 350°F (moderate oven) about 1 hour.

Makes 8 servings.

CHEESE CUSTARD

6 slices bread
1 cup finely cut-up or shredded cheese
4 eggs
2 cups fluid milk
1/2 teaspoon salt
Pepper, as you like
Paprika, as you like

Remove crusts from bread, if you like. Put bread in greased baking pan or dish. Top with cheese.

Beat eggs. Add milk, salt, and pepper. Pour over bread. Sprinkle with paprika.

Set in pan of water.

Bake at 350°F (moderate oven) 40 to 50 minutes until a knife inserted in center comes out clean. Serves as a main dish for lunch or supper.

Makes 4 servings.

NOTE: *Dry* egg mix, nonfat *dry* milk, and water may be used in place of fresh eggs and milk. Mix 1 cup *dry* egg mix with 2/3 cup instant or 1/2 cup non-instant nonfat *dry* milk. Add 3 cups warm water, a little at a time, and beat until smooth.

CHICKEN CASSEROLE

1/4 cup melted fat (chicken fat, margarine, or butter)
2 tablespoons flour
1 cup fluid milk
4 cups (1 quart) cut-up, cooked chicken
2 stalks celery, finely chopped
1 small onion, finely chopped
4 eggs, well beaten
4 cups (1 quart) chicken broth
Salt and pepper, as you like
4 slices bread, toasted

Mix fat and flour in large bowl. Stir in milk. Mix in rest of ingredients except bread.

Pour into greased baking pan or baking dish, about 11 by 15 inches. Finely crumble bread on top.

Bake at 400°F (hot oven) about 30 minutes until a knife inserted in center comes out clean.

CHICKEN GUMBO

1/3 cup flour
1/3 cup melted fat or oil
1 onion, finely chopped
1 large chicken, cut into pieces
6 cups (1 1/2 quarts) hot water
Salt and pepper, as you like

Mix flour with hot fat in a large pan. Cook and stir over low heat until flour is browned. (This is a "roux.")

Add onion and cook until tender.

Add chicken. Cook and stir until chicken is lightly browned.

Add water, salt, and pepper and mix well with roux.

Cover pan and heat quickly to boiling. Lower heat and cook until chicken is tender.

Makes 6 servings.

NOTE: Serve over hot cooked rice.

CHICKEN PIE, MEXICAN STYLE

1 small onion, finely chopped
1 tablespoon fat (margarine or butter)
3 to 4 small tomatoes (1 pound), peeled and chopped
Salt and pepper, as you like
2 or more green chili peppers, peeled, chopped
1/2 cup cooked peas, fresh or frozen
1 tablespoon chopped parsley
2 cups cut-up, cooked or canned chicken
Unbaked 9-inch pie crust (with thick outside edge)

Cook onion in fat until tender.

Add tomatoes, salt, and pepper. Cook over medium heat until thick.

Stir in rest of ingredients. Pour filling into pie crust.

Bake at 400°F (hot oven) 20 to 30 minutes until browned.

Makes 4 servings.

CHICKEN SCRAPPLE

4 cups (1 quart) chicken broth
1 $\frac{1}{3}$ cups cornmeal
1 tablespoon flour
1 $\frac{1}{4}$ teaspoons salt
 $\frac{1}{4}$ teaspoon poultry seasoning
2 $\frac{1}{2}$ cups finely ground cooked or canned chicken

Heat 2 cups of the broth in a large pan.

Mix cornmeal, flour, salt, and poultry seasoning. Mix with unheated broth.

Slowly stir cornmeal mixture into hot broth.

Cook and stir until mixture thickens. Cover and cook slowly for 15 minutes longer, stirring as needed to keep from sticking.

Add chicken. Cook and stir a few minutes longer.

Pour into well-greased loaf pan. Chill until firm.

Remove from pan and cut into slices. Roll in flour.

Put in heated, greased fry pan and brown on both sides.

Makes 6 servings.

NOTE: For pork scrapple, use 1 quart (4 cups) water or meat stock in place of chicken broth; use about 2 cups cooked or canned pork in place of chicken.

CHICKEN TURNOVERS

1/2 cup chopped onion
1/2 cup chopped celery
1/4 cup fat (margarine or butter)
1 tablespoon flour
1/3 cup gravy or light cream
1/2 teaspoon salt
3 cups cut-up, cooked chicken
Pie crust dough (recipe follows)

Cook onion and celery in fat until tender.

Stir in flour, gravy or cream, salt, and chicken.

Roll out dough on lightly floured surface to about 1/8-inch thickness. Cut dough into 4-inch squares.

Place chicken mixture in center of pie crust squares. Fold over to make triangles. Press edges of dough together to seal. Stick top with fork to let steam escape.

Bake in greased pan at 425°F (hot oven) about 30 minutes until browned.

Makes 6 servings.

PIE CRUST DOUGH. Mix 1 1/2 cups flour and 3/4 teaspoon salt. Mix 1/2 cup shortening with a fork or two knives until crumbly. Sprinkle 1/4 cup water over dough and mix lightly with fork. Add a little more water if needed to make dough into a ball.

CHILI BEANS

- 2 cups dry beans
- 6 cups water
- 2 cups red chili sauce
- 1 teaspoon oregano
- 1 teaspoon ground cumin
- $\frac{1}{4}$ cup finely chopped onion
- 1 clove garlic, finely chopped
- $\frac{1}{2}$ pound ground beef

Wash beans and boil in water for 2 minutes. Remove from heat; cover and let stand for 1 hour or longer. Cook beans $\frac{1}{2}$ to 2 hours, depending on kind, until tender.

Simmer the chili sauce with the spices, onion, and garlic clove for 15 minutes.

Brown meat while chili sauce is cooking.

Gently mix drained beans, chili sauce, and meat. Boil gently a few minutes longer.

Makes 6 to 8 servings.

CORN DOGS

- 1 cup cornmeal
- 1 cup flour
- 2 teaspoons baking powder
- $\frac{1}{2}$ cup instant or $\frac{1}{4}$ cup non-instant nonfat *dry* milk
- 1 teaspoon salt
- 1 cup water ($1\frac{1}{4}$ cups if egg mix is used)
- 1 egg, slightly beaten or $\frac{1}{4}$ cup *dry* egg mix, packed
- 2 tablespoons melted fat or oil
- 1 can luncheon meat (1 pound, 14 ounces)
- Fat or oil for deep frying

Mix the cornmeal, flour, baking powder, nonfat dry milk, salt, and egg mix (if used).

Add water and egg. Add fat or oil and stir until mixed.

Cut luncheon meat into strips 1-inch thick; dip in batter and let excess batter drain over bowl.

Fry in heated fat or oil for 2 to 3 minutes until browned, turning once. Remove from fat and drain.

Serve hot with mustard.

FILLED NOODLES

1/2 cup *dry* egg mix, packed
1 cup flour
1/2 teaspoon baking powder
2/3 cup water
1 tablespoon shortening
3/4 pound ground beef (or 1 1/2 cups canned luncheon meat, finely chopped)
1 small onion, sliced
Salt and pepper, as you like
Sauce (recipe follows)

Mix egg mix, flour, baking powder, and water. Roll out on lightly floured surface and cut into 12 four-inch squares.

Heat shortening in fry pan. Add meat, onion, salt, and pepper. Cook until browned to make filling.

Put filling on squares of dough. Fold over and seal edges together. Drop into heated sauce. Boil 15 to 20 minutes.

SAUCE. In a large pan, mix 2 cups cooked or canned tomatoes, 2 cups water, 1 tablespoon margarine or butter, 1/2 teaspoon salt, and chili powder, if you like.

FISH VERACRUZ STYLE

2 pounds black bass or other fish, boned
Lemon juice, as you like
3 to 4 small fresh tomatoes (1 pound), sliced
2 green chili peppers, sliced
1 onion, sliced
Salt and pepper, as you like
Oregano, as you like
1 tablespoon vinegar
1 tablespoon olive oil or salad oil
3 bay leaves
2 tablespoons melted fat (margarine or butter)

Put half the fish in a baking pan or dish. Sprinkle with lemon juice.

Add a layer of half the tomatoes, chilies, onion, salt, pepper, and oregano. Repeat layers.

Mix vinegar, oil, bay leaves, and fat. Pour over the fish.

Bake at 350°F (moderate oven) until fish is tender.

Makes 6 servings.

GRITS CROQUETTES

2 cups cooked grits
2 cups finely chopped, cooked chicken, meat, or fish
2 tablespoons chopped onion
1 teaspoon salt
Pepper, as you like
1 teaspoon Worcestershire sauce
Fine dry bread crumbs
1 egg, beaten
Fat or oil for deep frying

Combine grits, chicken, onion, salt, pepper, and Worcestershire sauce. Chill.

Shape mixture into balls or other shape for 12 croquettes.

Roll in bread crumbs, dip in egg, and roll again in bread crumbs.

Heat fat or oil in fry pan. Cook croquettes in heated fat or oil, turning once to brown each side.

Makes 6 servings.

HAM SHORTCAKE

1 cup cut-up ham
3 tablespoons fat (bacon drippings, ham fat, or other)
 $\frac{1}{4}$ cup flour
 $2\frac{1}{2}$ cups fluid milk
 $\frac{1}{4}$ teaspoon mustard
 $\frac{1}{2}$ teaspoon salt
Celery salt, as you like
4 hard-boiled eggs, cut in fourths
Hot biscuits

Brown ham slightly in fat. Cook well if uncooked ham is used.

Stir in flour. Add milk. Cook and stir until thickened.

Stir in mustard, salt, and celery salt. Add eggs. Heat just until hot, stirring only to keep from sticking.

Serve over hot, split biscuits.

Makes 8 servings.

HAMBURGER HEAVEN

1 pound ground beef
Salt and pepper, as you like
8 slices (about 8 ounces) cheese
1/2 cup chopped green pepper
1/2 cup chopped celery
1/4 cup chopped onion
2 cups uncooked noodles
3 1/2 to 4 cups cooked or canned tomatoes
1/4 cup water
Green pepper rings, if you like

Cook meat in fry pan until lightly browned. Sprinkle with salt and pepper.

Add remaining ingredients in layers. Heat quickly to boiling. Lower heat and cook for 30 minutes.

Makes 6 servings.

HARVEST CASSEROLE

1 pound ground beef
1 cup chopped onion
2 cups cooked or canned tomatoes
1 teaspoon curry powder or chili powder
2 tablespoons salt
2 potatoes, thinly sliced
1/3 cup flour
2 cups cooked or canned whole kernel corn, drained
2 cups cooked or canned lima beans, drained
1/2 cup sliced green pepper
1 1/2 cups cut-up or shredded cheese or buttered bread crumbs

Mix ground beef, onion, tomatoes, and seasonings. Pat into a layer about 1-inch thick in a baking pan or dish.

Add rest of ingredients in layers in order as listed, ending with cheese or bread crumbs.

Bake at 350°F (moderate oven) for 1 hour.

HAWAIIAN CHICKEN

3½ cups (29 ounce can) pineapple chunks
1 cup sliced onion
¼ cup chopped green pepper
⅓ cup fat (margarine or butter)
⅓ cup flour
2 cups chicken broth (or 2 chicken bouillon cubes and 2 cups water)
2 tablespoons lemon juice
1 teaspoon thinly sliced lemon peel
2 cups cut-up cooked or canned chicken
1 teaspoon curry powder
½ teaspoon salt
Hot cooked rice

Drain pineapple ; save liquid.

Cook onion and green pepper in fat in a large pan until tender.

Stir in flour. Add chicken broth (or bouillon cubes and water), pineapple juice, and lemon juice. Cook and stir until thickened.

Add pineapple, lemon peel, chicken, curry powder, and salt. Boil gently for 20 minutes.

Serve over hot cooked rice.

HOMEMADE SAUSAGE

2 cups luncheon meat
2 slices bread, torn into small pieces
¼ cup *dry* egg mix, packed
1 tablespoon poultry seasoning
¼ teaspoon red pepper

Mash meat well with a fork or use a grinder.

Add rest of ingredients and mix well.

Shape into small, thin cakes or small sausages.

Cook sausages in a heated fry pan over low heat until browned on one side. Turn and brown other side.

Makes 6 servings.

ITALIAN CHICKEN

3 pound fryer or roasting chicken, cut-up
1/4 cup flour
3 tablespoons chicken fat, margarine, or butter (see note)
1 1/4 cups cooked or canned tomatoes
2 teaspoons salt
1/2 cup sliced celery
1 cup chicken broth (or 1 chicken bouillon cube and 1 cup hot water)
1/4 teaspoon rosemary, if you like
2 teaspoons sugar
1/3 cup water

Remove or cut off any excess fat from chicken. Dip chicken in the flour. Cook slowly in heated fat for at least 20 minutes until browned on all sides.

Crush or mash tomatoes. Pour over chicken and add rest of ingredients.

Cover tightly and cook slowly until chicken is tender. Stir and add a little water, as needed, to prevent sticking.

During last few minutes of cooking, remove cover if necessary to thicken sauce. Serve sauce over chicken or separately as a gravy.

Makes 6 servings.

NOTE: To make chicken fat, remove excess fat from chicken and heat slowly in fry pan.

LUNCHEON MEAT AND SWEETPOTATO CROQUETTES

1 cup finely ground or cut-up, canned luncheon meat
1 cup sweetpotatoes
1 egg, slightly beaten
1 tablespoon water
Dry bread crumbs
Fat or oil for frying

Mix luncheon meat and sweetpotatoes.

Shape into 6 patties or other shape croquettes.

Mix egg and water. Dip croquettes in egg-water mixture. Roll in crumbs.

Cook slowly in heated fat in fry pan until browned on one side. Turn and brown other sides.

NOTE: The croquettes may be cooked in heated fat, one inch deep in fry pan; or they may be baked at 400°F (hot oven) until browned.

MEXICAN CORNBREAD

- 3 cups cornmeal
- 3 teaspoons baking powder
- 3 tablespoons sugar
- 3 eggs
- 2 cups (16 ounce can) cream-style corn
- 1 large onion, finely chopped
- 1 cup chopped chili peppers
- 2 cups fluid milk
- $\frac{1}{3}$ cup melted fat or oil
- $1\frac{1}{2}$ cups finely cut-up or shredded cheese

Mix dry ingredients. Mix in eggs and corn; then add vegetables, milk and fat or oil.

Pour half of the batter into a greased baking pan or dish. Top with half of the cheese. Add rest of batter; then rest of cheese.

Bake at 350°F (moderate oven) about 45 minutes until browned.

MEXICAN LIVER

- 4 slices bacon
- 1 medium-size onion, chopped
- 1 tablespoon flour
- 1 teaspoon chili powder
- 1 pound beef liver, thinly sliced
- 2 cups (16 ounce can) stewed tomatoes
- $1\frac{1}{2}$ cups (12 ounce can) whole kernel corn, drained
- 1 teaspoon salt

Fry bacon and drain well. Break into pieces.

Cook onion in fat until tender.

Mix flour and chili powder. Dip liver in mixture.

Add liver to onions and brown lightly on each side.

Add bacon, tomatoes, corn, and salt. Boil gently about 5 minutes until liver is tender.

Makes 4 servings.

MEXICAN STYLE TURKEY

- 1/2 teaspoon salt
- 1 chicken bouillon cube
- 2 cups water
- 1 cup uncooked rice
- 1 medium onion, thinly sliced
- 1/4 cup fat (margarine or butter)
- 1 1/2 cups cut-up canned turkey
- 1 clove garlic, finely chopped
- 1 tablespoon chili powder
- 2 teaspoons *dry* mustard
- 1 teaspoon salt
- 2 cups cooked or canned tomatoes
- 2 cups cooked or canned kidney beans, drained
- 1 teaspoon paprika, if you like
- 1/4 cup finely cut-up or shredded cheese

Add 1/2 teaspoon salt and bouillon cube to water and heat to boiling. Stir in rice. Lower heat. Cover and cook 20 minutes. Remove from heat. Let stand 10 minutes.

Cook onion in fat until tender. Add turkey, garlic, chili powder, mustard, and 1 teaspoon salt. Cook and stir until meat is browned.

Put half of meat mixture in baking pan or dish. Place the cooked rice over the meat. Top with tomatoes; then add beans. Cover with rest of meat.

Bake at 350°F (moderate oven) about 30 minutes. Sprinkle with paprika (if used) and cheese.

Makes 6 servings.

MEXICAN TUNA PIE

$\frac{3}{4}$ cup yellow cornmeal
3 cups boiling water
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{4}$ cup finely chopped green pepper
 $\frac{1}{4}$ cup finely chopped onion
5 cups cooked kidney beans, drained (recipe follows)
2 cups (16 ounce can) stewed tomatoes
1 cup finely cut-up or shredded cheese
 $6\frac{1}{2}$ to 7 ounce can chunk tuna
1 teaspoon chili powder
Pepper, as you like

Pour cornmeal slowly into boiling, salted water, while stirring constantly. Cook and stir until thick.

Cover and cook over low heat for 12 minutes. Cool slightly.

Mix rest of ingredients separately.

Pour one half of cornmeal mush in a greased baking pan. Top with tuna mixture and cover with rest of mush.

Bake at 350°F (moderate oven) for 35 minutes.

COOKED KIDNEY BEANS. Put 2 cups washed, drained beans and 6 cups water in large pan. Boil 2 minutes. Cover and let stand 1 hour. Add $1\frac{1}{2}$ teaspoons salt and boil beans gently about 2 hours until tender.

PIGGY BANK PORK BAKE

2 cups (4 ounces) uncooked thin noodles, broken
2 tablespoons melted shortening
2 cups cut-up cooked pork
 $1\frac{1}{4}$ cups (10 $\frac{1}{2}$ ounce can) condensed cream of chicken soup
1 cup cooked or canned whole kernel corn, undrained
2 tablespoons (2-ounce can) sliced pimento, undrained
1 cup finely cut-up or shredded cheese
1 medium-size green pepper, finely chopped

Cook noodles as directed on package. Drain.

Brown meat in shortening. Drain off fat.

Add cooked noodles and rest of ingredients. Pour in an ungreased baking pan or dish.

Bake at 375°F (moderate oven) for 45 minutes, stirring occasionally.

Makes 6 servings.

PIZZA PRESTO

Pizza dough (recipe follows)
Melted fat (margarine or butter)
 $\frac{1}{3}$ cup finely chopped green pepper
2 tablespoons finely chopped onion
1 cup (8 ounce can) tomato sauce
 $\frac{1}{2}$ cup tomato juice
 $\frac{1}{2}$ teaspoon oregano
Garlic powder, as you like
 $\frac{2}{3}$ cup (6 ounce) mozzarella cheese, sliced
Grated parmesan cheese, as you like

Divide pizza dough in half. Roll or pat out dough $\frac{1}{8}$ inch thick on two ungreased baking pans. Brush with melted fat.

Mix green pepper, onion, tomato sauce, tomato juice, oregano, and garlic powder.

Pour about half of tomato mixture over dough. Cover with mozzarella cheese.

Pour remaining tomato mixture over cheese. Sprinkle lightly with parmesan cheese.

Bake at 400°F (moderate oven) 15 minutes. Reduce temperature to 350°F (moderate oven) and bake about 10 minutes longer.

PIZZA DOUGH. Mix $2\frac{1}{4}$ cups sifted flour, 1 tablespoon baking powder, and 1 teaspoon salt. Mix in $\frac{1}{3}$ cup shortening with a fork or two knives until crumbly. Add $\frac{3}{4}$ cup milk and mix enough to wet dry ingredients. Put dough on lightly floured surface and knead gently about 30 seconds.

SEVEN LAYER CASSEROLE

1 cup uncooked rice
1 cup cooked or canned whole kernel corn
Salt and pepper, as you like
2 cups (15 ounce can) tomato sauce
 $\frac{3}{4}$ cup water
 $\frac{1}{2}$ cup finely chopped onion
 $\frac{1}{2}$ cup chopped green pepper
1 cup cooked or canned green beans
 $\frac{3}{4}$ pound ground beef
4 slices bacon, cut-up

Put rice and corn in baking pan or dish. Sprinkle with salt and pepper.

Mix tomato sauce and water. Pour half the mixture over corn and rice.

Add layers of onion, green pepper, green beans, and beef. Sprinkle with salt and pepper.

Add rest of tomato sauce mixture. Top with bacon. Cover tightly.

Bake at 350°F (moderate oven) for 1 hour. Uncover and cook 30 minutes longer.

Makes 4 to 6 servings.

STUFFED PEPPERS

4 medium-size green peppers
1 small onion, chopped
2 tablespoons fat (margarine or butter)
1 cup cooked dry beans or split peas
1 cup cut-up luncheon meat or cooked ham
1 cup soft bread crumbs
1 egg, slightly beaten
Salt and pepper, as you like
Soft bread crumbs mixed with melted fat, as you like

Cut out stem ends of peppers and remove seeds.

Boil peppers for 5 minutes in salted water to cover. Drain.

Cook onion in fat until tender. Mix with beans or peas, meat, crumbs, egg, salt, and pepper.

Fill peppers with mixture. Top with crumbs mixed with melted fat.

Place in baking pan or dish containing $\frac{1}{2}$ inch hot water.

Bake at 350°F (moderate oven) until peppers are tender and crumbs on top are browned—about 30 minutes.

Makes 4 servings.

SWEDISH MEATBALLS

$\frac{2}{3}$ cup cooked bulgur (see note)
 $1\frac{1}{4}$ pounds ground beef
1 egg, beaten
 $\frac{1}{3}$ cup fluid milk
 $1\frac{1}{4}$ teaspoons salt
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{4}$ teaspoon nutmeg
2 tablespoons fat (margarine or butter)
 $\frac{1}{4}$ cup flour
2 cups beef broth (or 2 beef bouillon cubes and 2 cups water)

Mix the bulgur, beef, egg, milk, and seasonings. Form mixture into walnut-size balls.

Cook meatballs in fat in fry pan until browned on all sides.

Remove meatballs from pan. Add flour to drippings in the pan. Stir in broth and cook until thickened, stirring constantly.

Place meatballs in the gravy. Cover and cook over low heat for 1 hour.

Makes 6 servings.

NOTE: Add $\frac{1}{4}$ cup bulgur to $\frac{3}{4}$ cup boiling water and sprinkle of salt. Cover pan and cook for 20 minutes. Let stand, covered, for 5 to 10 minutes longer.

TOAD IN A HOLE

1 pound sausage, beef, or other ground meat
2 eggs
2 cups fluid milk
2 tablespoons flour
Salt, as you like

Shape meat into 12 balls. Brown in fry pan. Arrange balls in baking pan.

Beat eggs with a little of the milk and the flour until smooth. Add rest of milk and salt.

Pour mixture around balls, leaving tops of balls uncovered.

Bake at 350°F (moderate oven) about $\frac{1}{2}$ hour until set.

TOP OF STOVE MEAT LOAF

1 chopped onion, if you like
1½ pounds ground beef
1 cup uncooked quick rolled oats
1 cup (8 ounce can) tomato sauce
1 egg
1 teaspoon salt
¼ cup water

Mix all ingredients except water. Shape into two loaves.

Place in fry pan with water. Bring water to boiling. Cover tightly and boil gently about 1 hour until meat is well done.

Makes 12 servings.

NOTE: Use 1 cup milk in place of tomato sauce, if you like.

TURKEY OR CHICKEN HASH

½ cup chopped onion
½ cup chopped green pepper
3 tablespoons melted fat (margarine or butter)
1 tablespoon flour
2 cups cut-up, canned turkey or chicken, and broth
3 cups cut-up, cooked potatoes
⅔ cup (4 ounce can) chopped mushrooms, if you like
¼ cup chopped parsley or celery
1½ teaspoons poultry seasoning
1½ teaspoons salt
Pepper, as you like

Cook onion and green pepper in fat until tender. Stir in flour; then turkey or chicken and broth.

Mix all ingredients. Pour in a greased baking pan or dish.

Bake at 350°F (moderate oven) 30 to 35 minutes.

TURKEY OR CHICKEN CREOLE

1 cup chopped onion
1/2 cup chopped celery
1/2 cup chopped green pepper
1/4 cup fat (margarine or butter)
2 cups cooked or canned tomatoes
1 teaspoon salt
1 teaspoon chili powder
Pepper, as you like
1/2 cup instant or 1/4 cup non-instant nonfat *dry* milk
2 tablespoons flour
1/2 cup water
2 cups chopped cooked turkey or chicken
1 cup finely cut-up or shredded cheese

Cook onion, celery, and green pepper in fat in a large pan until tender.

Add tomatoes, salt, chili powder, and pepper. Cover and boil gently for 15 minutes.

Mix dry milk and flour. Add water slowly, stirring until smooth.

Add milk mixture to tomato sauce. Cook and stir over medium heat until thickened. Cook 2 minutes longer.

Add turkey or chicken. Cover and heat slowly until hot, stirring occasionally.

Stir cheese into mixture until melted.

Makes 6 servings.

NOTE: Serve over hot buttered noodles or rice.

TURKEY SCRAPPLE

- 1 cup uncooked farina
- 4 cups (1 quart) boiling water
- 1 cup finely chopped cooked or canned turkey
- 1 tablespoon chopped onion
- 1/2 teaspoon sage
- 1 teaspoon Italian seasoning
- 1 teaspoon chili powder
- 1/4 teaspoon pepper

Stir farina slowly into water. Cook for 5 minutes over medium heat, stirring constantly.

Stir in rest of ingredients.

Pour into a greased loaf pan. Chill.

Cut into 1/2 inch slices. Cook in a greased fry pan until browned on one side. Turn and brown other side.

Makes about 16 slices.

TURKEY TETRAZZINI

- 8 ounce package spaghetti
- 2 cups cut-up, cooked or canned turkey
- 1/4 cup fat (margarine or butter)
- 1/2 cup sliced onions
- 1/4 cup flour
- 1/4 teaspoon pepper
- 1 teaspoon salt
- 1/2 teaspoon poultry seasoning
- 1/4 teaspoon *dry* mustard
- 2 cups fluid milk
- 3/4 to 1 cup finely cut-up or shredded cheese
- 2/3 cup (4 ounce can) mushroom stems and pieces, with liquid

Cook spaghetti as directed on package while preparing other ingredients. Drain.

Cook onion in fat until tender. Stir in flour and seasonings.

Remove from heat. Slowly stir in milk to make a smooth mixture. Cook over medium heat until sauce is thickened. Add 1/2 cup of the cheese and stir until cheese melts. Add mushrooms.

Put a layer of spaghetti in a baking pan or dish. Cover with a layer of turkey; add a layer of sauce. Repeat layers. Finish with a layer of spaghetti.

Sprinkle rest of cheese on top.

Cover and bake at 400°F (hot oven) about 20 minutes until bubbly.



VEGETABLES



BEET GREENS

- 3 pounds young beet greens
- $\frac{1}{2}$ cup water
- 1 tablespoon fat (margarine or butter)
- 2 tablespoons lemon juice
- Salt and pepper, as you like

Wash beet greens. Add to water. Cook until tender, about 10 to 15 minutes.

Drain well and finely chop greens.

Stir in fat, lemon juice, salt, and pepper.

Makes 4 servings.

CHINESE GREENS

- 1 small bunch bok choy (or chinese cabbage, spinach, swiss chard, other greens)
- 1 onion, chopped
- 1 tablespoon fat or oil
- $\frac{1}{3}$ cup tender beef, thinly sliced or ground
- 2 tablespoons soy sauce
- 2 teaspoons cornstarch
- $\frac{1}{2}$ cup water

Separate greens from stems. Cut each in 1-inch pieces.

Fry onion in fat or oil for 2 minutes. Add meat and cook until the bright red is gone. Add stems of vegetables ; cook and stir about 2 minutes.

Mix and add soy sauce, cornstarch, and water. Add leaves of greens. Cook covered until leaves are just limp.

Serve over rice.

NOTE: Cooked or canned meat or poultry may be used in place of beef in this recipe.

CORN FONDUE

$\frac{1}{2}$ cup *dry* egg mix
 $\frac{1}{2}$ cup water
 $\frac{1}{2}$ cup bread cubes
1 tablespoon finely chopped onion
1 tablespoon chopped green pepper
1 cup finely cut-up or shredded cheese
2 cups (16 ounce can) cream-style corn
 $1\frac{1}{2}$ teaspoons salt
 $\frac{2}{3}$ cup fluid milk

Put egg mix and water in a bowl. Beat until lumps are gone.

Stir in rest of ingredients.

Pour mixture in a greased baking pan or dish. Set in pan of hot water. Bake at 350°F (moderate oven) about 1 hour 20 minutes until a knife inserted in center comes out clean.

Makes 6 servings.

CRISP FIVE-MINUTE CABBAGE

$1\frac{1}{2}$ cups fluid milk
4 cups (1 quart) shredded cabbage
2 tablespoons flour
2 tablespoons fat (margarine or butter)
Salt and pepper, as you like

Heat milk and add cabbage. Boil gently about 2 minutes.

Mix the flour and fat, and add a little hot milk from the cabbage. Stir this mixture into the cabbage.

Cook and stir 3 or 4 minutes longer until thickened. Season with salt and pepper.

GREEN EGGS

3 cups cooked or canned greens
Salt and pepper, as you like
3 tablespoons fat (margarine or butter)
6 eggs
1/2 cup finely cup-up or shredded cheese

Drain liquid from greens into pan. Cook liquid until only a little is left in pan.

Add greens, salt, pepper, and fat and bring to boiling.

Break eggs on top of greens and sprinkle with cheese. Cover and cook slowly until eggs are done and cheese is melted.

Makes 6 servings.

GERMAN-STYLE SPINACH

1 or 2 tablespoons fat or oil
1/2 cup chopped onion
1 tablespoon flour
1/2 cup water
10-ounce package frozen spinach
Salt and pepper, as you like

Heat fat or oil in large fry pan. Add onion and cook until tender.

Add flour. Cook and stir until mixture begins to thicken.

Add water and mix until smooth.

Add spinach. Cover and cook about 15 minutes, stirring occasionally as spinach thaws.

Season with salt and pepper.

NORMA'S POTATO PUFF

1 cup water
1/2 cup fat (margarine or butter)
1 cup flour
4 eggs
2 cups mashed potatoes (see note)
Fat or oil for deep frying

Heat water and fat to boiling in a saucepan.

Stir in flour all at once. Cook and stir about 1 minute until mixture leaves sides of pan and forms a ball.

Remove from heat. Cool.

Add eggs one at a time and beat well. Add potatoes. Mix well.

Heat the fat or oil in fry pan. Drop potato mixture from a teaspoon into hot fat. Fry until browned, turned once. Remove from fat and drain.

NOTE: Prepare potatoes from instant mashed potatoes, or 2 large potatoes, or use leftover mashed potatoes.

POTATOES FLORENTINE

10-ounce package frozen chopped spinach
2²/₃ cups instant mashed potato flakes
2²/₃ cups hot water
1/4 cup fat (margarine or butter)
2 eggs
1/4 cup grated Parmesan cheese
1 teaspoon salt
Pepper, as you like

Thaw spinach enough to separate leaves. Drain.

Mix potato flakes and water in a large bowl. Let stand until potatoes soak up water.

Add fat, eggs, cheese, salt, and pepper to potatoes. Mix well. Fold in spinach. Pour into a greased baking pan or dish.

Bake at 350°F (moderate oven) 40 minutes.

Makes 8 servings.

POTATO STRIPS WITH CHEESE

3 cups potatoes, cut like French fries
1/2 cup fluid milk
1 tablespoon fat (margarine or butter)
1 teaspoon salt
Pepper, as you like
1/2 cup finely cut-up or shredded cheese
1 tablespoon finely chopped parsley

Put potatoes in a greased baking pan and pour milk over top.

Dot with fat and sprinkle with salt and pepper.

Cover and bake at 425°F (hot oven) about 40 minutes until potatoes are tender.

Sprinkle with cheese and parsley. Cover and bake 5 minutes longer.

Makes 4 servings.

SPRING VEGETABLES

DANDELIONS. Though dandelions can prove to be a nuisance later on, they are a true delicacy when they are young and tender before blooming. Try cooking them in as little water as is needed to prevent burning, and in as short a time as possible. They are loaded with much needed iron, calcium, and vitamin A.

PARSNIPS. A favorite method of preparation is to cook parsnips in a small amount of boiling water, until tender. Slice them and serve with margarine or butter, salt, and pepper. Cooked, sliced parsnips may be browned in a fry pan in a little margarine or butter, if you like.

SWEETPOTATO BALLS

2 cups (16- to 17-ounce can) sweetpotatoes, drained
1 egg (or $\frac{1}{4}$ cup *dry* egg mix, packed and $\frac{1}{4}$ cup water)
1 tablespoon melted fat (margarine or butter)
1 tablespoon brown sugar
Salt, as you like
About $\frac{1}{4}$ teaspoon nutmeg, if you like
About $\frac{1}{4}$ teaspoon cinnamon, if you like
Bread crumbs or crushed corn flakes
Fat (margarine or butter) for frying

Mash and heat sweetpotatoes, egg or egg mix and water, melted fat, sugar, salt, and spice (if used). Chill.

Form into balls. Roll in crumbs. Fry in fat, turning gently to brown on all sides. Remove from fat and drain.

NOTE: For a special surprise, form sweetpotato balls around a marshmallow before frying.

★
**SALADS
& SALAD
DRESSINGS**



COOKED SALAD DRESSING

1 egg
2 tablespoons sugar
1 teaspoon salt
1 teaspoon prepared mustard
2 tablespoons flour
 $\frac{3}{4}$ cup fluid milk
 $\frac{1}{4}$ cup vinegar
1 tablespoon fat (margarine or butter)

Beat egg slightly in saucepan. Add sugar, salt, mustard, flour, and milk. Mix until smooth.

Slowly stir in vinegar. Cook and stir over very low heat, about 10 minutes, until thickened.

Remove from heat. Add fat.

Cool quickly and keep refrigerated until used.

Makes $1\frac{1}{4}$ cups.

DANDELION SALAD

$\frac{1}{2}$ pound tender, young dandelion greens
 $\frac{1}{2}$ cup thinly sliced red or Spanish onions
2 tomatoes, cut in fourths
Cut-up or shredded cheese, if you like
Salt and pepper, as you like
French dressing or oil and vinegar, as you like

Wash dandelion greens. Drain well and cut in 2-inch pieces.

Add rest of ingredients and toss to mix.

Makes 4 servings.

FRUIT-MEAT SALAD

1/2 medium-size head lettuce
1 medium-size grapefruit
1 medium-size orange
1 cup cut-up canned luncheon meat
1 stalk celery
Salt and pepper, as you like
Sugar, as you like
2 tablespoons Italian salad dressing

Tear or cut lettuce into bite-size pieces. Put in large bowl.

Peel and section grapefruit and orange. Put in bowl. Add meat. Cut up celery and add to salad.

Sprinkle with salt, pepper, and sugar. Add salad dressing. Toss to mix.

Makes 6 servings, 1 cup each.

NOTE: For fruit-cheese salad, use 1 cup cut-up cheese in place of meat.

GUACAMOLE

2 avocados, peeled and mashed
1 cup fresh tomato, peeled and cut-up
1/3 cup salad dressing
1/4 cup chopped onion
1 teaspoon salt
Lettuce
4 slices crisply cooked bacon, crumbled

Combine avocados, tomato, salad dressing, onion, and salt. Mix well. Chill.

Place on lettuce and sprinkle with bacon.

Makes 4 to 6 servings.

HEARTY MACARONI SALAD

3 cups chilled, cooked macaroni
1 cup cut-up canned luncheon meat
1/2 cup chilled, cooked peas
1 cup chopped celery
2 tablespoons chopped onion
1/2 cup chopped green pepper
Salt and pepper, as you like
1 cup cut-up cheese
Mayonnaise, thinned with a little milk

Put ingredients in a large bowl. Toss to mix.

MACARONI, EGG, AND BEAN SALAD

2 cups cooked elbow macaroni, cooled
 $\frac{3}{4}$ cup mayonnaise or salad dressing
 $\frac{1}{3}$ cup sweet pickle relish
2 teaspoons vinegar
6 hard-cooked eggs
2 cups cooked or canned pinto or kidney beans, drained
Salt and pepper, as you like

Mix all ingredients.

Makes 6 servings.

ZERO SALAD DRESSING (LOW-CALORY)

$\frac{1}{2}$ cup tomato juice
2 tablespoons lemon juice or vinegar
1 tablespoon finely chopped onion
Salt and pepper, as you like

Put all ingredients in a jar with a tight-fitting lid. Shake well each time before using.

Keep in refrigerator.

NOTE: Chopped parsley, green pepper, horseradish, or mustard may be added, if you like.



BREADS



ANGEL BISCUITS

- 1 package active dry yeast
- 2 or 3 tablespoons warm water (not hot)
- 5 cups flour
- $\frac{1}{4}$ cup sugar
- 1 tablespoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup shortening
- 2 cups buttermilk

Dissolve yeast in water.

Mix flour, sugar, baking powder, baking soda, and salt.

Mix in shortening with a fork or two knives until crumbly.

Stir in yeast and buttermilk.

Roll on floured surface to about $\frac{1}{2}$ -inch thick.

Cut with a floured cutter and place on baking pan.

Bake at 400°F (hot oven) 10 to 20 minutes until golden brown.

NOTE: The dough will keep in refrigerator for a day or two before making into biscuits. Allow biscuits to rise before baking.

BULGUR MUFFINS

- $\frac{1}{4}$ cup sugar
- $\frac{3}{4}$ cup cooked bulgur
- 1 egg
- 1 cup fluid milk
- 2 tablespoons shortening, melted
- 5 teaspoons baking powder
- 1 teaspoon salt
- $2\frac{3}{4}$ cups sifted flour

Mix sugar, bulgur, egg, milk, and shortening.

Sift baking powder, salt, and flour together. Stir into liquid mixture just until mixed.

Fill greased muffin pans $\frac{2}{3}$ full.

Bake at 425°F (hot oven) about 30 minutes until browned.

Makes 12 muffins.

CASSEROLE BREAD

1 cup fluid milk
3 tablespoons sugar
1 tablespoon salt
2 tablespoons shortening
2 packages active dry yeast
1 cup warm water (not hot)
4½ cups sifted flour

Heat milk until hot but not boiling. Stir in sugar, salt, and shortening. Cool to lukewarm.

Dissolve yeast in warm water in a large bowl. Stir in lukewarm milk mixture.

Add flour and stir until well mixed, about 2 minutes.

Cover. Let rise in warm place about 40 minutes until more than doubled in size.

Stir batter down. Beat well, about ½ minute. Put in a greased baking pan, about 8 inches square.

Bake at 375°F (moderate oven) about 1 hour until browned.

Makes 1 loaf.

NOTE: For casserole cheese bread, use 1 tablespoon shortening in place of 2 tablespoons shortening. Add 1 cup finely cut-up or shredded cheese to lukewarm milk mixture before adding flour.

CHEESE BREAD

- 1 package active dry yeast
- $\frac{3}{4}$ cup warm water (1 cup if egg mix is used)
- $2\frac{1}{2}$ to 3 cups flour
- $\frac{1}{4}$ cup instant or 3 tablespoons non-instant nonfat *dry* milk
- 1 tablespoon sugar
- 1 teaspoon salt
- 1 egg or $\frac{1}{4}$ cup *dry* egg mix, packed
- 1 cup finely cut-up or shredded cheese

Dissolve yeast in water.

Mix $2\frac{1}{2}$ cups of the flour with rest of dry ingredients, including egg mix (if used).

Add dissolved yeast, egg (if used), and cheese. Mix well.

Add a little more flour if needed to handle easily.

Knead dough on lightly floured surface about 10 minutes.

Place in a greased bowl. Turn dough so top will be greased. Cover lightly and let rise in warm place (85°F) about 1 hour.

Punch dough down in bowl. Cover and let rise about 30 minutes until almost doubled.

Shape into one round loaf. Place on greased baking pan. Cover with greased wax paper. Let rise 1 hour.

Bake at 375°F (moderate oven) 30 to 35 minutes.

Makes 1 loaf.

COFFEE CAN BREAD

4 cups flour
1 package active dry yeast
1/2 cup water
1/2 cup fluid milk
1/2 cup fat (margarine or butter)
1/4 cup sugar
1 teaspoon salt
1/2 cup ground almonds or other nuts
1/2 cup chopped raisins
2 eggs, slightly beaten

Mix 2 cups flour with yeast.

Heat water, milk, fat, sugar, and salt over low heat just until fat is melted. Cool about 5 minutes. Stir into flour and yeast.

Add rest of flour, nuts, raisins, and eggs. Mix well. Dough will be stiff.

Knead on a floured surface until dough is smooth and elastic.

Divide dough in half and put in two greased 1-pound coffee cans. Cover cans loosely with plastic tops.

Let rise in a warm place (85°F) until dough reaches about one inch from top.

Remove plastic tops and bake at 375°F (moderate oven) for about 35 minutes until browned and bread sounds hollow when tapped with finger.

Makes two 1-pound-coffee-can loaves.

CORN BREAD DRESSING (FOR ROAST TURKEY)

- 1/2 cup fat (margarine, butter, or turkey fat—see note)
- 1 cup chopped celery
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 1 cup chopped nuts, if you like
- 6 cups (1 1/2 quarts) cornbread crumbs
- 6 cups (1 1/2 quarts) soft bread crumbs
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 1 1/2 teaspoons poultry seasoning
- 2 eggs, well beaten
- 1 to 1 1/2 cups broth from cooked giblets

Heat half the fat in fry pan. Add celery, onion, green pepper, and nuts (if used). Cook over low heat for 5 minutes.

Cut rest of fat into small pieces. Mix lightly with cornbread and bread crumbs, and seasoning.

Add eggs and sprinkle cooked broth over mixture. Toss lightly to mix.

Stuff turkey lightly. Roast turkey at 325°F (slow oven) until stuffing is well heated in center (at least 165°F).

Makes enough for a 12-pound turkey.

NOTE: To make turkey fat, remove excess fat from turkey and heat slowly in fry pan.

CRANBERRY RAISIN BREAD

1 cup flour
1 teaspoon baking powder
 $\frac{1}{4}$ teaspoon baking soda
 $\frac{1}{4}$ cup sugar
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup raisins
1 egg
1 cup (8 ounce can) whole or jellied cranberry sauce
2 tablespoons melted fat or oil

Mix dry ingredients in a bowl.

Add raisins.

Stir in egg, cranberry sauce, and fat or oil.

Add dry ingredients to cranberry mixture. Stir just until mixed.

Pour into greased loaf pan.

Bake at 350°F (moderate oven) about 45 minutes until browned.

CRUNCHY SALAD BISCUITS

1½ cups sifted flour
4 teaspoons baking powder
1 teaspoon salt
½ cup uncooked corn grits
¼ cup shortening
¼ cup chopped green onion
1 cup finely cut-up or shredded cheese
About ½ cup fluid milk
1 tablespoon uncooked corn grits

Mix the flour, baking powder, salt, and ½ cup grits in a bowl.

Mix in shortening with a fork or two knives until crumbly. Stir in onion and cheese.

Add ½ cup milk slowly, and stir lightly just enough to wet dry ingredients. Add 1 tablespoon more milk if needed to make dough stick together.

Put dough on lightly floured board or canvas. Knead gently a few times.

Sprinkle board or canvas with 1 tablespoon grits. Roll dough into a rectangle 8 inches by 9 inches. With sharp knife, cut into 8 strips, 1-inch wide. Cut each strip crosswise into three 3-inch pieces.

Place about 1-inch apart on ungreased baking pan.

Bake at 425°F (hot oven) for 10 or 12 minutes until lightly browned.

Serve hot.

Makes 24 biscuits.

CRUSTY DILLY BREAD

1 package active dry yeast
2 cups warm water (not hot)
 $\frac{3}{4}$ cup cottage cheese
 $\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ cup fat (margarine or butter)
1 tablespoon dill seed, if you like
2 teaspoons salt
 $6\frac{1}{2}$ to 7 cups flour
Margarine or butter and salt for bread crust

Dissolve yeast in water.

Heat cheese. Cool until just warm and add to yeast mixture with sugar, $\frac{1}{4}$ cup fat, dill seed (if used), and 2 teaspoons salt.

Add half the flour and mix well. Add enough of remaining flour to make a soft dough that leaves sides of bowl.

Put dough on a floured surface and knead until smooth.

Put dough in a greased bowl; turn once so top will be greased. Cover and let rise in a warm place (85°F) 1 to $1\frac{1}{2}$ hours until doubled in size.

Shape dough into two loaves and place in greased baking pan. Let rise in a warm place (85°F) about 1 hour until doubled in size.

Bake at 360°F (moderate oven) 45 minutes to 1 hour. Remove from pan and cool on rack.

Brush crust with margarine or butter and sprinkle with salt.

Makes two loaves.

EASY ANADAMA BREAD

5½ to 6½ cups flour
2½ teaspoons salt
1 cup yellow cornmeal
2 packages active dry yeast
¼ cup softened fat (margarine or butter)
2 cups hot water
½ cup molasses

Mix 2½ cups of the flour, salt, cornmeal, and dry yeast.

Add fat and gradually stir in water and molasses. Beat 2 minutes at medium speed on mixer or 300 strokes by hand.

Add about ½ cup more flour to make a thick batter. Beat 2 minutes longer or 300 strokes.

Stir in enough more flour to make a soft dough. Knead dough on lightly floured surface about 5 to 10 minutes until smooth and elastic.

Put in greased bowl, turning to grease top. Cover and let rise in a warm place (85°F) about 1 hour until doubled in size.

Punch dough down in bowl. Put on lightly floured surface. Shape into 2 loaves. Put in greased baking pans, about 9 by 5 by 3 inches.

Cover and let rise in a warm place (85°F) about 45 minutes until doubled in size.

Bake at 375°F (moderate oven) about 35 minutes.

Remove from pans and cool on racks.

Makes two loaves.

FRIED CORN BREAD

¼ cup flour
⅔ cup cornmeal
½ teaspoon baking soda
1 teaspoon baking powder
½ teaspoon salt
1 cup buttermilk
2 tablespoons fat (shortening)

Mix dry ingredients. Stir in buttermilk.

Heat fat in fry pan.

Add cornmeal mixture and cook over low heat until browned on one side. Turn and brown other side.

FRY PAN BISCUIT

2 cups flour
1 tablespoon baking powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ cup sugar
 $\frac{1}{4}$ cup *dry* egg mix, packed
 $\frac{1}{3}$ cup instant or $\frac{1}{4}$ cup non-instant nonfat *dry* milk
1 cup water
 $\frac{1}{4}$ cup melted fat or oil

Stir dry ingredients together until well mixed.

Add water and fat or oil. Stir with a fork just until mixed, leaving batter slightly lumpy.

Drop from tablespoon onto lightly greased fry pan. Cook over low heat until browned on one side. Turn and brown other side.

Makes about 16 biscuits.

GNOCCHI

4 cups (1 quart) milk
1 cup yellow cornmeal
2 eggs, well beaten
2 teaspoons salt
 $\frac{1}{4}$ teaspoon pepper
1 small onion, finely chopped
 $1\frac{1}{2}$ cups finely cut-up or shredded cheese
 $\frac{1}{4}$ cup melted fat (margarine or butter)

Mix milk and cornmeal in a pan.

Cook and stir over medium heat until very thick.

Pour and stir the cornmeal mush into eggs. Stir in salt, pepper, onion, and 1 cup of the cheese.

Pour in a baking pan so mixture is about $1\frac{1}{2}$ inches thick. Chill.

Remove from pan and cut into pieces.

Place on greased baking pan or dish. Brush with fat and sprinkle with rest of cheese.

Bake at 350°F (moderate oven) about 20 minutes until lightly browned.

Makes 6 servings.

HUSH PUPPIES

1 cup cornmeal
1/4 cup flour
1/4 cup *dry* egg mix, packed
1/4 teaspoon baking soda
1 teaspoon baking powder
1/2 teaspoon salt
1/2 teaspoon garlic salt
1 small onion, chopped
1 cup buttermilk
Fat or oil 1 inch deep in fry pan

Stir dry ingredients together until well mixed.

Add onion and milk. Mix well.

Drop batter from teaspoon into hot fat or oil.

Fry 2 to 3 minutes until browned on all sides. Drain well.

IRISH SODA BREAD (WHOLE WHEAT)

1/2 cup sifted white flour
1/2 cup sugar
1/3 cup non-instant or 2/3 cup instant nonfat *dry* milk
1 1/2 teaspoons baking soda
1 1/2 teaspoons salt
1 1/2 cups water
1 1/2 tablespoons vinegar
1 tablespoon melted fat or oil
1 3/4 to 2 cups whole wheat flour

Mix white flour, sugar, dry milk, baking soda, and salt.

Add water, vinegar, and fat. Mix in most of whole wheat flour. Add more whole wheat flour as needed to make a thick batter.

Fill a greased loaf pan about half full.

Bake at 350°F (moderate oven) about 1 hour until a toothpick inserted in center comes out clean.

Makes 1 loaf.

PEANUT BUTTER MUFFINS

2 cups sifted flour
1 tablespoon baking powder
1 teaspoon salt
 $\frac{1}{4}$ cup sugar
 $\frac{1}{3}$ cup peanut butter
1 cup fluid milk
2 eggs, beaten
2 tablespoons melted fat or oil

Mix dry ingredients. Mix in peanut butter with a fork until crumbly.

Add milk and eggs. Then add fat. Stir just enough to mix.

Fill greased muffin pans half full.

Bake at 400°F (hot oven) about 25 minutes until browned.

Makes 12 muffins.

RAISIN PANCAKES

1 cup raisins
Hot water
 $\frac{1}{4}$ cup sugar
 $1\frac{1}{2}$ cups flour
 $\frac{1}{2}$ cup non-instant or $\frac{2}{3}$ cup instant nonfat *dry* milk
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon salt
1 teaspoon cinnamon, if you like
3 eggs
 $1\frac{1}{2}$ cups water
 $1\frac{1}{2}$ tablespoons vinegar
3 tablespoons melted fat or oil

Soak raisins in hot water for a few minutes. Drain.

Mix dry ingredients. Set aside.

Beat eggs. Add raisins, water, vinegar, and fat or oil. Stir into flour mixture just until mixed.

Cook pancakes on heated, greased fry pan until covered with bubbles. Turn pancakes and brown other side.

Makes 16 to 18 pancakes.

WHITE FLOUR TORTILLAS

6 cups flour
1 teaspoon salt
1 teaspoon baking powder
1 $\frac{1}{4}$ cups shortening
About 1 cup warm water

Mix dry ingredients well.

Mix in shortening with a fork or two knives until crumbly.

Add water slowly while mixing lightly, using enough water to make dough stick together (all the water does not have to be used).

Make small dough patties and spread with a rolling pin to make thin circles.

Cook tortillas on a hot grill or fry pan about 1 $\frac{1}{2}$ minutes, turning to cook both sides. Tortillas should be soft and flecked with brown spots.

Makes about 3 dozen.

YEAST CORN BREAD

1 cup fluid milk
2 teaspoons salt
 $\frac{1}{2}$ cup fat (margarine or butter)
 $\frac{1}{3}$ cup sugar
2 packages active dry yeast
 $\frac{1}{2}$ cup warm water (not hot)
2 eggs, beaten
1 $\frac{3}{4}$ cups yellow cornmeal
3 $\frac{1}{2}$ cups flour

Heat milk until hot but not boiling. Stir in salt, fat, and sugar. Cool to lukewarm.

Dissolve yeast in water.

Add yeast, eggs, cornmeal, and half the flour to the milk mixture. Beat well.

Add rest of flour and mix well.

Pour into 2 greased baking pans, about 9 by 5 by 3 inches. Cover with greased wax paper and let rise in a warm place (85°F) about 1 hour until doubled in size.

Bake at 375°F (moderate oven) 30 to 35 minutes until lightly browned.

Makes two loaves.



DESSERTS



APPLE CRISP

4 to 6 tart cooking apples
 $\frac{1}{3}$ cup flour
1 cup uncooked quick rolled oats
 $\frac{1}{2}$ cup brown sugar, packed
 $\frac{1}{2}$ teaspoon salt
1 teaspoon cinnamon
 $\frac{1}{3}$ cup melted fat (margarine or butter)

Pare and slice apples. Put in greased baking pan.

Stir dry ingredients together. Mix in fat until crumbly. Sprinkle over apples.

Bake at 375°F (moderate oven) about 30 minutes until apples are tender.

Makes 6 servings.

BEAN PUDDING CAKE

$\frac{1}{2}$ cup softened fat (margarine or butter)
1 cup sugar
2 teaspoons vanilla
1 egg, beaten
2 cups warm, cooked pinto beans, mashed
1 cup sifted flour
1 teaspoon salt
1 teaspoon allspice
1 teaspoon baking soda
1 teaspoon cinnamon
1 cup raisins
2 cups applesauce

Mix fat and sugar until creamy.

Add vanilla and egg. Beat well.

Stir in beans.

Add dry ingredients and mix well. Stir in raisins and applesauce. (Batter will be stiff).

Spoon into a 9-inch tube pan or baking pan.

Bake at 350°F (moderate oven) for 1 hour.

Cool in pan for 15 minutes. Loosen edges of cake with a knife and turn out on a rack.

BIZCOCHITOS

2 cups shortening
1 cup sugar
1 teaspoon anise seed
2 eggs, well beaten
6 cups sifted flour
1 tablespoon baking powder
1 teaspoon salt
 $\frac{1}{4}$ cup fruit juice
1 teaspoon cinnamon
 $\frac{1}{2}$ cup sugar

Mix shortening until light and fluffy. Add 1 cup sugar and anise seed. Mix until creamy. Add eggs. Mix well.

Stir flour, baking powder, and salt together. Add to creamy mixture along with juice. Mix and knead until smooth.

Roll on lightly floured surface to $\frac{1}{2}$ -inch thickness. Cut into diamonds or other shapes.

Bake at 350°F (moderate oven) until slightly browned. Roll in sugar mixture of cinnamon and sugar.

CAPIROTADA

9 slices bread (French bread preferred)
Butter for bread
5 cups water
 $\frac{3}{4}$ cup sugar
 $1\frac{1}{2}$ cups raisins
2 sticks cinnamon
Sliced cheese, as you like

Toast and butter the bread.

Cook water, sugar, raisins, and stick cinnamon together until raisins are soft.

Fit 3 slices of toast into bottom of baking pan or dish. Add slices of cheese and sprinkle some of raisins over top. Make two more layers, using rest of ingredients including raisin cooking water.

Bake at 325°F (slow oven) for 15 minutes.

Makes 6 servings.

CHEESE BULL'S-EYE COOKIES

1/2 cup fat (margarine or butter)
1/3 cup peanut butter
1/2 cup brown sugar, packed
1 egg
1 cup cut-up or shredded cheese
1 teaspoon vanilla
1 3/4 cups flour
2 teaspoons baking powder
1/2 teaspoon salt

Mix fat, peanut butter, and sugar until creamy.

Stir in egg, cheese, and vanilla.

Mix flour, baking powder, and salt. Stir into egg mixture.

Flour hands lightly and roll dough into 1-inch balls.

Place on baking pan. Press cookies flat with a fork.

Bake at 350°F (moderate oven) 12 to 15 minutes.

CHESS PIE

2 eggs
1 cup sugar
2 tablespoons cornmeal
1 cup fluid milk
1/2 cup melted fat (margarine or butter)
1 teaspoon vanilla
Unbaked 9-inch pie crust

Beat eggs slightly in medium-size bowl. Stir in sugar and cornmeal.

Mix in milk, fat, and vanilla.

Pour into pie crust.

Bake at 350°F (moderate oven) about 45 minutes until a knife inserted in center comes out clean.

Makes one 9 inch pie.

CRAZY CHOCOLATE CAKE

3 cups flour
2 cups sugar
2 teaspoons baking soda
 $\frac{1}{3}$ cup cocoa
1 teaspoon salt
 $\frac{1}{2}$ cup salad oil
2 cups water
2 teaspoons vanilla
2 teaspoons vinegar

Mix dry ingredients in a large pan that will be used to bake cake.

Pour oil, water, vanilla, and vinegar over dry ingredients and stir with fork until mixed.

Bake at 350°F (moderate oven) for 30 to 40 minutes until cake springs back when lightly touched near center.

GINGER-PRUNE UPSIDE-DOWN CAKE

Ginger-prune topping (recipe follows)

$\frac{3}{4}$ cup sugar
 $\frac{1}{4}$ cup shortening
 $\frac{1}{2}$ cup margarine or butter
 $\frac{1}{2}$ cup dark molasses or corn syrup
2 eggs (or $\frac{1}{2}$ cup *dry* egg mix, packed, and $\frac{1}{2}$ cup water)
2 cups flour
2 teaspoons ginger
1 teaspoon cinnamon
1 teaspoon baking soda
 $\frac{1}{2}$ teaspoon salt
 $\frac{3}{4}$ cup boiling water

Put ginger-prune topping in iron fry pan or a heavy baking pan.

Mix sugar, shortening, and margarine or butter until creamy. Add molasses or syrup and eggs or egg mix and water. Mix well.

Mix rest of dry ingredients together. Add to creamy mixture.

Add boiling water and mix well.

Pour batter over prune mixture.

Bake at 325°F (moderate oven) 1 hour and 15 minutes.

To remove cake, run knife around sides of cake and turn pan quickly over a large plate.

GINGER-PRUNE TOPPING. Melt 2 tablespoons margarine or butter in fry pan or baking pan. Stir in $\frac{3}{4}$ cup sugar, $\frac{1}{2}$ cup water, and 1 teaspoon ginger. Add 2 cups cooked prune halves and $\frac{1}{2}$ cup chopped pecans, if you like.

IMPOSSIBLE PIE

- $\frac{2}{3}$ cup *dry* egg mix, packed
- $\frac{2}{3}$ cup water
- $\frac{1}{2}$ cup flour
- $1\frac{3}{4}$ cups sugar
- 1 teaspoon baking powder
- $\frac{1}{4}$ cup melted fat (margarine or butter)
- 1 teaspoon vanilla
- 2 cups fluid milk
- $2\frac{1}{3}$ cups (7 ounces) coconut

Mix egg mix and water until smooth.

Mix flour, sugar, and baking powder. Add egg mix and rest of ingredients. Mix well.

Pour into two greased 9-inch pie pans.

Bake at 350°F (moderate oven) about 35 minutes until browned.

Makes two 9 inch pies.

INDIAN DESSERT

- $\frac{1}{2}$ cup margarine
- 1 cup uncooked farina or cream of wheat
- 1 cup brown sugar, packed
- 5 cups water
- $\frac{1}{2}$ cup raisins
- $\frac{1}{2}$ cup chopped nuts or wheat germ, if you like
- $\frac{1}{2}$ teaspoon vanilla, if you like

Melt margarine in a large pan. Add farina or cream of wheat and cook over low heat until lightly browned.

Bring sugar and water to boiling. Add raisins. Add to farina slowly while stirring. Add nuts or wheat germ (if used).

Cover and boil gently about 5 minutes until done.

Add vanilla (if used).

Pour into large baking pan or dish. Cool and cut into squares.

INDIAN PUDDING

1/4 cup cornmeal
1 cup water
1 teaspoon salt
2 cups fluid milk
1 egg, beaten
1/4 cup sugar
1/2 cup molasses
1 tablespoon fat (margarine or butter)
1 teaspoon cinnamon
1/2 teaspoon ginger
1 cup fluid milk

Mix cornmeal, water, salt, and 2 cups milk in a saucepan. Bring to boiling, while stirring. Boil gently for 10 minutes.

Mix egg, sugar, molasses, fat, and spices. Stir into cornmeal mixture. Pour in a greased baking pan.

Bake at 325°F (slow oven) for 30 minutes. Stir in 1 cup milk. Bake 1 1/2 hours longer.

LAZY DAISY CAKE

2 eggs
1 cup granulated sugar
1 teaspoon vanilla
1 cup flour
1 teaspoon baking powder
1 teaspoon salt
1/2 cup fluid milk
1 tablespoon fat (margarine or butter)
1 cup confectioners sugar
2 tablespoons lemon, orange, or pineapple juice

Beat eggs. Add granulated sugar a little at a time and beat well. Add vanilla.

Mix flour, baking powder, and salt. Stir gently into egg-sugar mixture.

Heat milk and fat to boiling. Mix a little at a time into the batter.

Pour into a greased baking pan about 8 inches square.

Bake at 350°F (moderate oven) 30 to 40 minutes until cake springs back when lightly touched near center.

Mix confectioners sugar and fruit juice. Spread over warm cake.

Makes 16 servings.

MAPLE APPLE PIE

9-inch double piecrust
5 cups pared sliced apples
1 cup maple-flavored syrup (see note)
2 tablespoons flour
1 teaspoon cinnamon
1½ teaspoons salt
2 tablespoons fat (margarine or butter)
Milk

Put bottom piecrust in pan. Pare and slice apples and put in pan.

Mix syrup, flour, cinnamon and salt. Pour over apples. Dot with fat.

Cover with top piecrust. Seal edges of crust together. Cut a few slits in top. Brush top with milk.

Bake at 425°F (hot oven) about 50 minutes until browned and apples are tender.

Makes one 9 inch pie.

NOTE: To make maple-flavored syrup, mix 1 cup corn syrup with 1 teaspoon maple flavoring.

MEXICAN COOKIES

2½ cups flour
1 teaspoon baking powder
¾ cup sugar
2 eggs
1 cup shortening, melted and cooled
1 or 2 teaspoons cinnamon or anise seed
Cinnamon and sugar, as you like

Mix the flour, baking powder, and sugar.

Add rest of ingredients and mix well.

Roll into small balls, and place on baking pan. Press flat with a fork.

Sprinkle with a mixture of cinnamon and sugar.

Bake at 375°F (moderate oven) 10 to 15 minutes until lightly browned.

OVERNIGHT OATMEAL WAFERS

2 cups uncooked quick rolled oats
1 cup fluid milk
 $\frac{1}{2}$ cup fat (margarine or butter)
 $\frac{1}{4}$ cup sugar
 $1\frac{1}{2}$ cups flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon baking powder

Soak oats in milk overnight in refrigerator.

Stir fat and sugar into oats. Mix in rest of ingredients.

Roll out on lightly floured surface to $\frac{1}{4}$ -inch thickness. Cut with floured cutter and put on ungreased baking pan.

Bake at 400°F (hot oven) until lightly browned.

RAISIN GRIDDLE COOKIES

$3\frac{1}{2}$ cups flour
1 cup sugar
 $1\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{2}$ teaspoon baking soda
1 teaspoon salt
1 teaspoon nutmeg
1 cup shortening
1 egg
 $\frac{1}{2}$ cup fluid milk
 $1\frac{1}{4}$ cups raisins

Mix dry ingredients. Mix in fat with a fork or two knives until crumbly. Beat egg. Add milk. Add egg mixture and raisins to dry ingredients. Mix well.

Roll dough on lightly floured surface to $\frac{1}{4}$ inch thickness. Cut with a floured cutter.

Bake cookies on a heated, greased fry pan until lightly browned on one side. Turn and brown other side.

Makes about 4 dozen cookies.

NOTE: For lemon griddle cookies, use 1 teaspoon grated lemon rind in place of the raisins.

RAISIN HONEY DROP COOKIES

- $\frac{3}{4}$ cup honey
- $\frac{3}{4}$ cup sugar
- $\frac{3}{4}$ cup fat (margarine or butter)
- 1 egg (or $\frac{1}{4}$ cup *dry* egg mix, packed, and $\frac{1}{4}$ cup water)
- 2 cups flour
- $\frac{1}{2}$ teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 2 cups uncooked quick rolled oats
- 1 cup raisins

Mix honey, sugar, and fat until crumbly. Add egg or egg mix and water and beat well.

Mix flour, baking soda, salt, and cinnamon. Stir into egg mixture. Mix in the rolled oats and raisins.

Drop dough from a teaspoon on greased baking pan.

Bake on upper shelf in oven at 375°F (moderate oven) 12 to 14 minutes until lightly browned. Remove from pan and cool on rack.

Makes about 4 dozen cookies.

SOPAPILLAS

4 cups flour
1 teaspoon salt
4 teaspoons baking powder
 $\frac{1}{4}$ cup shortening
2 eggs, beaten
 $\frac{1}{2}$ cup sugar
Water or fluid milk
Fat or oil for deep frying
Cinnamon-sugar or syrup (recipe follows)

Stir flour, salt, and baking powder together. Mix in shortening with a fork or two knives until finely crumbled.

Mix eggs and sugar. Add to flour mixture.

Add enough water or milk to make a medium stiff dough that can be rolled. Let dough stand 10 to 15 minutes.

Roll your dough on lightly floured surface to $\frac{1}{4}$ -inch thickness. Cut into 2-inch squares.

Fry in heated fat or oil, turning once to brown each side. Remove from fat and drain.

Sprinkle cooked sopapillas with cinnamon-sugar mixture, or pour syrup over them.

CINNAMON-SUGAR: Mix together 1 teaspoon cinnamon and $\frac{1}{2}$ cup sugar.

SYRUP: Stir 6 cups sugar in large, heavy fry pan over low heat until sugar is melted (carmelized). Add 3 cups water. Cook until thickened. Stir in 1 teaspoon cinnamon.

SPLIT PEA BARS

$\frac{2}{3}$ cup dry split peas
2 cups water
1 cup fluid milk
 $\frac{1}{2}$ cup shortening
 $1\frac{1}{2}$ cups sugar
2 eggs
 $2\frac{1}{2}$ cups flour
1 teaspoon baking soda
1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon ground cloves
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{4}$ teaspoon salt
1 cup chopped nuts, if you like
2 cups raisins or cut-up prunes

Put split peas and water in a pan. Cook over low heat about 1 hour to make a thick soup. Add a little more water if peas get too thick to stir.

Stir in milk. Set aside.

Mix shortening and sugar until creamy. Add eggs and beat well.

Mix 2 cups flour with rest of dry ingredients.

Stir half the dry ingredients and pea mixture into creamy mixture. Add rest of dry ingredients and pea mixture and mix well.

Mix nuts (if used) and fruit in rest of flour and stir into batter.

Spread in a large, greased pan.

Bake at 350°F (moderate oven) about 45 minutes. Cool and cut into pieces.

SUNSHINE CARROT COOKIES

$\frac{3}{4}$ cup fat (margarine, butter)
 $\frac{3}{4}$ cup sugar
 $\frac{3}{4}$ cup cooked, mashed carrots
1 egg, beaten
2 tablespoons orange or lemon rind
2 tablespoons orange or lemon juice (see note)
2 cups flour
1 tablespoon baking powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{3}{4}$ cup raisins
Icing, if you like (recipe follows)

Mix fat and sugar until creamy. Add carrots, egg, fruit rind, and juice.

Add dry ingredients and raisins. Mix well.

Drop dough from a teaspoon on a greased baking pan.

Bake at 350°F (moderate oven) for 12 to 15 minutes until golden brown. If icing is used, spread on warm cookies.

NOTE: 1 teaspoon lemon or orange extract may be used in place of the fruit juice.

ICING: Mix grated rind and juice of $\frac{1}{2}$ orange or lemon, 1 tablespoon softened margarine or butter, and enough confectioners sugar to make a creamy icing.

SWEETPOTATO OR CARROT CAKE

2 cups flour
1/2 teaspoon salt
2 teaspoons baking powder
1/4 teaspoon baking soda
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1/4 teaspoon cloves
1/2 cup fat (margarine, butter, or shortening)
1 cup sugar
2 eggs
1 cup cooked, mashed sweetpotatoes or carrots
1/2 cup fluid milk
1/2 cup chopped nuts, if you like

Mix all dry ingredients, except sugar. Set aside.

Mix fat and sugar until creamy. Add eggs, one at a time, beating well after each.

Add sweetpotatoes or carrots and mix well.

Stir in dry ingredients and milk, adding part at a time. Stir in nuts (if used).

Put in a greased pan about 9 inches square.

Bake at 350°F (moderate oven) 45 to 50 minutes until cake springs back when lightly touched near center.

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